



TMI

# focus

Vol. XIV, No. 1

A Newsletter Of The Monroe Institute

Winter 1992

## FROM THE WORKED-OUT MINE

by Robert A. Monroe

In my search for the missing "Basic," an astounding memory surfaced. Evidently it had been long-hidden as a hallucination. It took place at least ten years before there was any such event as an OBE in my life.

The location was an old farmhouse we owned in Dutchess County, New York. The well had run dry. It was not the new type of drilled well, but one that had been hand-dug a hundred years ago or earlier. It was about three feet wide, seventy feet deep, and lined with rounded field stones wedged together without mortar.

Listening, one could hear water running far below, but the pump couldn't bring it up through the pipe. Usually, one does not hear running water in a well. Curious, I got a rope out of the barn, tied it to a nearby tree, and skittered down inside the well like a mountain climber rappelling down a cliff.

When I reached bottom, I immediately found the problem. The water table had lowered, and the end of the pipe was above the new water level. The interesting part was that at the bottom there was a running underground stream, not the usual still pool. A few rocks in the right place and the water level would rise again.

Then I looked up and panic set in. What seemed far, far above me was a tiny circle of light. Between me and that point of safety were seventy feet of loose rock, any one of which I might have disturbed in climbing down. The result was that, at any moment, it could drop away and trigger the entire wall to collapse down on me.

There was evidence in the rocky bottom on which I stood: several large basketball-sized rocks lay there loosely, having fallen from the wall in previous times.

Intense claustrophobia, with some justification. If I didn't get out now, quickly, I would be buried in a seventy-foot grave and no one would know the difference. I began to sweat.

Holding my panic in check, I knew I would have to be careful in climbing out so as to avoid dislodging any of the rock wall. I sat down on the larger fallen rocks to think about it. Reaching down with my cupped hand, I took some mouthfuls of the running water. It was cool and fresh.

As I sat at the bottom of the well, listening to the gentle tumbling of the water, my eyes well adapted to the dim light, I began to relax. It wasn't so bad, after all. There was something very calm and serene and comfortable about being where I was. I even looked up at the circle of light far above me and the sense of peace was not disturbed. No more panic.

I closed my eyes and leaned comfortably back against the rocky wall of the well. No need to hurry now, with the panic gone. I began to relax even

*Continued on page 2*



Raphael Stephano Siciliano

## HEMI-SYNC SUPPORT OF PREGNANCY AND BIRTH

An Interview with Susanne Kuhn-Siciliano

Susanne Kuhn-Siciliano is a holistic healthcare practitioner in Leimen, Germany, where she and her husband, Kala Siciliano, a therapist and OUTREACH Trainer, maintain a private practice. Mrs. Kuhn-Siciliano employed Hemi-Sync extensively during her pregnancy and the birth of their second child. Here, she shares with the TMI FOCUS the exercises which assisted her through the joyful, and sometimes difficult, process.

**FOCUS:** Your son, Raphael Stephano Siciliano, was born on December 26, 1990. When did you begin using Hemi-Sync tapes to support your experience of pregnancy?

**Susanne:** Before the pregnancy my husband, Kala, and I participated in the *GATEWAY EXPERIENCE* home course. Through that program we gained a greater sensitivity to nonphysical and subtle energies. In this way we were able to sense when the time was right to invite a little soul to be with us. At times I was able to feel his presence around us, and I was very aware of the moment

*Continued on page 5*

## HEMI-SYNC OUTREACH

The *OUTREACH* (formerly *GATEWAY OUTREACH*) program was created in 1985 to meet the many requests for Hemi-Sync training close to home. The first of the program's two primary components is the *EXCURSION* workshop. Developed out of the Institute's world-renowned *GATEWAY VOYAGE*, this is a two-day adventure into expansion of consciousness by gentle increments so that states of profound relaxation, deep contemplation, and communication with the higher self and with nonphysical energies may be experienced. Important personal revelations are commonplace during an *EXCURSION* workshop. Specifically designed tapes with the Hemi-Sync technology form the core of *EXCURSION*, together with explanation, discussion, and supportive group interaction.

With expanded applications of Hemi-Sync technology, the two-day *HUMAN PLUS* workshop was added to the *OUTREACH* program. This workshop, also built around Hemi-Sync tapes, enables greater personal control over mental, emotional, and physical well-being. It teaches skills for relaxation, concentration, memory, pain control, maintenance of physical health, creativity, release of negative emotion, and much more. The emphasis is on learning practical tools to use in daily life.

These workshops, along with others designed to provide Hemi-Sync support for a wide variety of interests and personal goals, are offered throughout the United States and in other parts of the world by accredited *OUTREACH* Trainers. To learn more about *OUTREACH* workshops, or to inquire if there is an *OUTREACH* Trainer near you, call (804) 361-1252. If you wish to organize a group in your locality interested in experiencing Hemi-Sync training, please ask us how to arrange to bring an *OUTREACH* Trainer to you.



## WORKED-OUT MINE (continued)

more, and for a moment I thought I was asleep, but I could hear the water and feel the stone against my back. My physical awareness was still complete.

Then the pattern changed. Slowly, the feeling of a warm, loving intelligence seemed to surround me, flow into my body so very gently. It seemed to blend into every part of me, body and mind. I became a part of that intelligence, or the intelligence became a part of me. There didn't seem to be any difference. It didn't matter.

And there was a message. Crudely translated into words:

*My son of sons of sons, you have found joy in my winds and sky, we have shared the excitement and peace both on my waters and deep within them. You have reveled in the beauty and ingenuity of my other children spread across my surface. Yet it is only now that you have taken a moment in my bosom to be still and listen. In that stillness, hold this song forevermore: You were born of me, yet it is your destiny to become more than I ever can be. In this growth, I revel with you. My strength is your strength, thus you take with you the glory of me to express in ways that I will not understand. Not understanding, I nonetheless support and share happily that which you become. Go with this truth within you, my son of sons of sons.*

That was it. The warmth continued, and slowly faded.

Finally, I stood up, took the dangling rope, climbed easily, without effort, to the top of the well, and scrambled out into the sunlight. I was astounded when I discovered I had been in the well over two hours.

I remember that Basic—now. A dream? Mother Earth. ELS\*, I love you. How could I have forgotten!

*Excerpted from Ultimate Journey.*

\*Earth Life System



## "PSN" BRINGS PARTICIPANT SUPPORT INTO FOCUS

Beginning this January, TMI and III launched a program of expanded support for Hemi-Sync users around the world. It's called the Participant Support Network, or PSN. PSN weaves the connecting threads of each TMI program or department and its participants and graduates into a tapestry of communication.

A major component of the network will be the TMI FOCUS. By the spring quarter issue, it will be expanded to eight pages or so, and will bring you news from all areas of Hemi-Sync experience: in-home participation with *H-PLUS*, *MIND FOOD*, *METAMUSIC*, and *GATEWAY EXPERIENCE*; graduates' feedback from *GATEWAY VOYAGE*, *GUIDELINES*, and *LIFELINE*; and involvement through the Professional Division, Sustaining Membership, *INNER CIRCLE*, and *OUTREACH*. Of course, we'll continue to update you on program schedules, exciting opportunities, and the latest developments.

Hemi-Sync participants who are not members will be able to receive the FOCUS by subscription. The FOCUS is on you—our members, participants, and graduates. Your commentary, suggestions, and networking items are welcome!

DEC, the Dolphin Energy Club, is another component of PSN. Originally created as an exercise for the new *LIFELINE* program, DEC is now offered to all Hemi-Sync participants as a means to harness and direct healing energy (see DEC article in this issue).

PSN services in the "future" category include an on-line computer bulletin board offering electronic mail options, multiple levels of participation, instant access to program and product information, 24-hour order-taking capability, and much more. Obviously, we want to know if you would be interested in subscribing to such a service before we invest time and dollars in it. This issue of the FOCUS contains a bulletin board survey form. If the

*Continued on page 7*

## LIFELINE: BEYOND LIFE AND DEATH

by Darlene Miller, PhD

*Darlene Miller, a clinical psychologist, has been a program facilitator with TMI since 1985. In addition to serving as a core trainer for GATEWAY VOYAGE, GUIDELINES, and LIFELINE, she is director of the PREP and EXPLORER programs. Before joining the TMI staff, Darlene was director of a 160-bed residential treatment facility for violent juvenile offenders in Colorado. Her background also includes ten years in training program design and implementation, and consultation in team management.*

With the successful completion of three *LIFELINE* programs, several commonalities of experience among program participants are beginning to emerge. While the stated purpose (and, we now know, effective result) of *LIFELINE* is to teach participants how to move easily and comfortably into the areas identified as Focus 22 through Focus 27, and then for them to assist in the rescue/retrieval of those who are in need of help to move on, what is becoming apparent is that the participants themselves are benefiting significantly in ways which go beyond the scope and design of the original program.

"Picked up my helper in 27, went to 23 and waited for someone. Just when I was about to give up finding someone, a little Irish lady looked up at me and said, 'Wait . . . wait! Don't you go back without me.' She immediately jumped into our vehicle and talked all the way back to 27. When we parked my vehicle (a double pyramid emerald), we stepped out into the park, and she told me her name was Elizabeth McGowan or McCowan. She was well aware that her physical life was over and had been waiting for me to take her to her husband and daughter, who were already in 27 to meet her when we arrived. She said she was from County Cork and corrected me when I referred to it as Cork County. Her death occurred in 1917, and she was a seamstress. Her husband's name is Richard and her daughter, who appeared to be about thirteen, was introduced to me as Amy. Before I could get any more info, they all disappeared together.

"I had time left and was trying to decide what to do when my father appeared. This was unexpected and very emotional for me, as he and I had not resolved a lot of issues when he died in 1985. He had spent eight years drinking severely after my mother died. I tried to support him as best I could for five years, but felt he was going to destroy me and did not have contact with him for the last three years of his life.

"When he appeared, I went through a range of emotions, the strongest being love, guilt, and sadness that I could not stay with him. He did, however, give me a gift. When I asked if we could stay there together, he replied, 'I love you but you need to remember why you came here and never forget your focus.' It was at this point that Bob told us to leave 27, and I left with very mixed emotions, but realized that he had given me forgiveness and freedom and love. What more could I ask for?"

It is challenging to capture fully the impact of the *LIFELINE* program, yet perhaps one participant comes close for many in this summary:

"I learned that all of the levels are within me. And that when I can function from love and gratitude, I can release or 'rescue' all parts of me and bring them into a greater 'Light' of understanding and acceptance. There's no place to go. I'm Home."



## DOLPHIN ENERGY CLUB

1991 saw the inauguration of a new healing service, a long-awaited means for Hemi-Sync users to help themselves and others lead more productive and healthful lives. Bob has chosen to call it the Dolphin Energy Club (DEC for short) to associate the club's goals with the dolphin, a friendly, familiar being native to the Earth environment. Dolphin energy is a metaphor for a capability within the human mind that is not limited to human consciousness, an intelligent yet universal energy.

Upon joining, you receive your copy of the Hemi-Sync DEC training exercise on cassette tape. Side A teaches the DEC methods and techniques. Side B offers two simple exercises, one to heal yourself, and the second to heal others. DEC members may present any petitioner, including themselves, for healing help. The members agree to use their DEC ability at least once during the year of membership to help someone they are informed about by the DEC Service Committee. They later receive a report on any measurable changes or improvements in the petitioner.

The Security Repository Box, Resonant Tuning, and a method for moving to Focus 10 are integral parts of the preparatory process on the DEC tape. If you are not already familiar with these from work with other Hemi-Sync training tapes, it is strongly recommended that you first learn to use them by working with the *Discovery* album, Wave I, from the *GATEWAY EXPERIENCE*. The only other requirement of your use of the DEC tape is that you use it to help only those who have given their permission to receive such help.

A year's membership in the Dolphin Energy Club, which includes your DEC healing tape, is \$35 for those who are already members of the Institute, or \$50 for non-Institute members. If you have any questions about DEC, please call the DEC Service Coordinator at (804) 361-1252.



## THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at  
The Monroe Center in Faber, Virginia.

### 1992

#### GATEWAY VOYAGE

February 8-14  
March 7-13  
April 11-17  
May 9-15  
June 6-12  
July 11-17  
August 1-7  
August 29-September 4  
October 3-9  
November 7-13  
December 5-11

#### GUIDELINES

March 28-April 3  
April 25-May 1  
August 8-14  
September 5-11  
November 14-20

#### PROFESSIONAL SEMINAR

July 18-24

#### LIFELINE

(A Graduate Program)

February 15-21  
March 14-20  
May 16-22  
June 13-19  
August 15-21  
September 12-18  
October 10-16  
November 28-December 4  
December 12-18

#### HEMI-SYNC 2000

June 20-26  
October 24-30

The TMI FOCUS is published four times annually by The Monroe Institute, Route 1, Box 175, Faber, Virginia 22938-9749. Telephone: (804) 361-1252. The FOCUS contains current information on Institute activities, applications of the Hemi-Sync™ technology, and communications with Hemi-Sync participants and program graduates. Membership/subscription rates from \$50 to \$150 per year. Subscription only, \$25.

The Monroe Institute is a 501(c)(3) nonprofit research and educational organization dedicated to exploring and developing the uses and understanding of human consciousness.

Managing Editor: Leslie France,  
Assistant Editors: Shirley Bliley, Julie Mazo.

© 1992 The Monroe Institute. All rights reserved. No part may be reproduced without permission. POSTMASTER: Send address changes to Route 1, Box 175, Faber, Virginia 22938-9749.

## INNER CIRCLE: WHO'S OUT THERE?

Many of you have wanted amplification of the statement in the last TMI FOCUS which said, "Contributions of service also meet the requirements for *INNER CIRCLE* eligibility, providing that the service has a dollar equivalency of \$500 or more."

"I want to help. What can I do for TMI?" is what you've been asking me. There's no simple, single answer to this question. TMI's activities are exceedingly varied, ranging from the programs, lab research (including software development), marketing (including sales, advertising, and public relations), to development of new products, overall administration, etc. Each of these general areas includes a long list of things that we want and need to be doing, but haven't the staff resources to undertake. As you can imagine, our "wish list" covers a broad and varied spectrum of talent and experience, more than I can describe fully in response to each offer of volunteer help.

Then how do you know if you have something to offer that we need and want? The best way is to call or write and tell me about yourself, your background, your interests, your skills, your contacts, the circles in which you move, etc., and together we'll try to match these with a need of the Institute.

A few examples may clarify. Conversation with an interested donor of services revealed that he was a PhD and university professor of accounting. After learning that our comptroller was researching some kind of complex financial forecasting system, I put the two in touch with one another. Outcome: hours of consultation that saved our comptroller weeks of effort, and a new *INNER CIRCLE* member. Another interested supporter knows somebody who knows somebody close to a big recording star. Through this personal connection, we're going to be able to explore the possibility of a Hemi-Sync background on a forthcoming release.

Other volunteers help us by referring their interested friends to attend a *GATEWAY VOYAGE*, or by word-processing tapes of *EXPLORER* sessions, or by introducing Hemi-Sync tapes to a retail outlet and persuading them to carry our products, or by writing and getting published an article about the applications of Hemi-Sync, or . . . , or . . . .

We'd certainly like to discuss "How can I help the Institute?" with a professional graphic artist who creates camera-ready art for ads and other pieces; with an experienced business/tax attorney; with a successful entrepreneur who has mounted an effective multimedia ad campaign; with someone from a company that could laminate our flip charts; with someone on the editorial staff of a magazine. These may sound very far from volunteering as a research subject, or some of the other more "glamorous" elements of our activities. The reality is that our greatest needs are practical: these are the areas that produce the income to fund the research and development.

So if you're willing to give of yourself to further the work of the Institute, think about what you can do and/or whom you know in the broadest possible terms, and get in touch with Julie Mazo at (804) 361-1252. We'll think together about what creative contribution you can make.



## QUARTERLY TAPE: CLASSIC METAMUSIC

Responding to member requests and the enthusiastic reception of the *METAMUSIC ARTIST SERIES Sampler*, our winter tape showcases classic *METAMUSIC*. Carefully chosen excerpts, plus informative commentary by Mark Certo, highlight *METAMUSIC* selections from the inception of the series. Here are the extra ingredients for bridging the gap between verbal description and musical reality. Happy listening!



## DESIGNER SOUND



by Dean Lusted, MD

*Dean Lusted is a clinical pathologist who has been an associate professor of pathology at Case Western Reserve Medical School and at Dartmouth University Medical School, served as a consultant to the World Health Organization, and completed a fellowship in biophysics at the Massachusetts Institute of Technology. Since August 1991, Dr. Lusted has been offering his volunteer services at TMI as a research and medical consultant.*

Cosmetics and clothing reflect the restlessness with which the individual has viewed himself in every society; nutrients and the accouterments of ritual reflect the relentless inquiry and exploration into his mind, his being. Which means have proven fatal, irreversible, or deforming? Which means have proven healthful, beneficial to his role, and supportive of his personal evolution?

The specificity of the alteration attempt could be examined as personal versus environmental; single sensory versus multiple sensory. The use of incense in a cathedral filled with art and music is multiple sensory environmental alteration in which the individual places himself, seeking his own altered response. Chemicals can likewise alter the individual in relationship to his environment, working through multiple sensory modalities. The problem is that these assaults on all modalities can be nonspecific and unpredictable. The elegance of a system is its capacity to do just what is desired, by the simplest mechanism, and with the least energy input—a clean system. Through ages of chants and intonations, sound has proven to be the most durable “clean system.” The “Monroe Effect,” commercially available under the Hemi-Sync trademark, is a clean system using only sound patterns.

The Monroe Effect is a psychophysiologic change induced by binaural beat input of two or more specifically identified, electronically engineered sound patterns.

Visual stimulation by light is of interest for comparison with the auditory system. Vision is slower than hearing and can process only intensity, color, slow movement, and pattern. In a way, vision is like a shock absorber that is buffering perceived reality changes from one moment to the next. Hearing is a fast system, and a means to find one's way around this visual interpretation of reality. One thinks of vision as fast from association with its stimulus traveling externally at the speed of light, but it is really a system slow enough to make possible the flicker-fusion pleasure of the movies. Sound transmission is slow in reaching the body, but is transduced into the body, and handled most rapidly.

This very rapid response in the auditory system permits appraisal of frequency, intensity, sequence, and wave complexity; it permits a comprehensive appreciation of chords and orchestral sounds. With its anatomic specificity and protection, the auditory system has sound as a very special survival mechanism. The brain is accustomed to receiving

significant information from this ancient evolutionary system—the very ability to hear. To be able to influence the brain in such a deep way with clean precision is a treasure to be used very carefully.

There is now technology by which one may avail himself of these system traits. “Designer sound” can be engineered for effect. Sound patterns can be produced, mixed, paired, recorded, and reproduced in stereo or other configurations. The input is to the sides of the head, the face is unobstructed, permitting concurrent function—continuation of daily activities. The responses of individuals or species can be observed by electroencephalograph, magnetic resonance imaging (MRI), Positron Emission Tomography (PET) scan, etc., and adjusted for just the proper effect.

The Monroe tapes do not require additional stimuli. Swamping the central nervous system through over-stimulation (combining flashing lights and other sound devices) loses the desired precision. Mixing sensory inputs is less predictable, unnecessary, and is not advised. The sound patterns have been carefully engineered for specific alterations of consciousness. There is security and safety from the years of testing. There is elegance in the system; it is predictable. The Monroe Effect is from sound only.



## LETTERS...

### Psychosis and Surgery

My interest in the use of Hemi-Sync tapes with patients with severe personality disorders is connected to my efforts for some time to find effective treatment modalities to add to our present armamentarium for severe personality and psychotic disorders.

Some years ago, I began working with psychotic patients, using psychoanalytic techniques. These can be very helpful, given a sufficiently supportive environment to deal with the turmoil which is involved in such work, when conflicts having to do with pregenital ego deficits and dependency conflicts are mobilized. Later, I extended this work to other patients with schizophrenic illness, as well as some with severe ego deficits who were also suffering from psychophysiologic problems, such as ulcerative colitis. Again the work was initially beneficial, followed by some intense turbulence and eventual resolution at a higher level of integration and functioning. It was necessary to do this work in conjunction with intensive psychotherapy and adequate, reliable, and consistent support systems.

More recently, it has been my pleasure to find that the Hemi-Sync tape *Concentration* has been especially helpful with patients with schizoid personality tendencies, as well as, in a more general sense, individuals having difficulties with assertiveness and self-confidence. The tapes have been used in conjunction with psychodynamic psychotherapy and, if necessary, psychotropic medications to help maintain functioning in the community, and/or relieve excessive distress.

In addition, I have found the use of the *EMERGENCY SERIES* very helpful to patients undergoing major surgery, such as bilateral knee replacement. There has been a significant reduction in the use of anesthesia and narcotic medications for pain, as well as a more rapid, uncomplicated, and less painful recovery phase.

While the above results are anecdotal, they appear to be sufficiently worthwhile for me to submit them for your attention...

Richard L. Meadows, MD  
Clearwater, Florida





## TMI ON-LINE

To communicate: to exchange ideas, messages, or information. To engage in conversation, discussion or intercourse. To touch, make a connection, or contact. To promote understanding. The result being the dissolution of ignorance, insensitivity, intolerance, and, most important, fear.

Communication can be handled in larger volumes, less time, with increased quality, and at a lower cost by the use of a computer bulletin board system (also known as a BBS). To facilitate and expand communication between The Monroe Institute and interested parties, a BBS is presently being considered for future installation.

A computer BBS is a computer using a special program to allow other computers to call it over a standard telephone line. The BBS acts as a storage facility, where people calling from their computers can post messages and upload and download data and/or programs.

BBSs are used in many different ways. Like cork bulletin boards, they are used to post pieces of news, humor, and notices. Many BBSs are

like CB or ham radios; you can have a conversation with one or more persons by typing messages back and forth. BBSs are also used to send and receive private messages quickly and easily, to obtain information about a given topic, and even to ask others for help with research. BBSs make it possible to exchange files and programs, play games, buy and sell things, and meet and communicate with other people across the country or worldwide.

The proposed Monroe Institute BBS would have the following attractions (plus much more):

- A current calendar of all TMI events, including all programs/activities offered at the Institute or other locations
- An electronic shopping center for ordering TMI products or registering for programs
- A locator service for finding current contact information on individuals who have completed TMI programs and who offer to be listed
- Files containing TMI publications and other news items from around the world that may be of interest to TMIers

- Full electronic messaging to other TMI-BBS users and TMI staff
- Individual areas for the sharing of information between persons with unique TMI interests. A few of the specific areas defined thus far are *GATEWAY* graduates; *GUIDELINES* graduates; *LIFELINE* graduates; Inner Circle participants; Professional members; Chat (discussing the cultural war in the world today, which revolves around people's values and belief systems); Dreams and Things (for discussions of OOBes, NDEs, dreams, remote viewing, close encounters, etc.); *H-PLUS*; classified advertisements; etc.

The only items needed to enable communication with the BBS are a personal computer of some type, a modem, and you.

We like the idea of a TMI BBS, but we don't know if you do. Your level of interest will determine if and when we go on-line. Please take a minute or two to complete the following survey and return it to

The Monroe Institute  
Rt. 1, Box 175  
Faber, VA 22938-9749

Thanks!

## SURVEY QUESTIONS

1. Are you interested in using the BBS? \_\_\_\_\_
2. Do you own or have access to a personal computer? \_\_\_\_\_
3. Do you own or have access to a modem? \_\_\_\_\_
4. What type of computer would you use? \_\_\_\_\_  
IBM clone \_\_\_\_\_ Apple \_\_\_\_\_ Macintosh \_\_\_\_\_ Amiga \_\_\_\_\_ Other \_\_\_\_\_
5. How many years of experience do you have with using personal computers? \_\_\_\_\_
6. Have you ever used a modem before? \_\_\_\_\_
7. Have you ever used a BBS or on-line service (CompuServe, Prodigy, MCI Mail, etc.)? \_\_\_\_\_
8. Do you plan on purchasing a personal computer within the next year? \_\_\_\_\_
9. Do you plan on purchasing a modem within the next year? \_\_\_\_\_
10. Would you like further information as the BBS is installed and becomes available? \_\_\_\_\_
11. Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_

If you have an electronic address, please show system name and account number.

\_\_\_\_\_



## PREGNANCY AND BIRTH (continued)

those Hemi-Sync tapes that she especially likes, the ones that really helped her to relax during the pregnancy, her body will remember when hearing the sounds and will allow her to let go more easily.

After giving birth, many women have difficulties recovering because of a lack of sleep. I recommend using the *Catnapper* tape. It compresses a 90-minute sleep cycle into 30 minutes, bringing refreshment to the body in a short time.

**FOCUS:** Thank you, Susanne, for offering your experience and thoughts.

[Ed.: The Monroe Institute has, for some time, been interested in producing a special series of Hemi-Sync tapes for pregnancy and birth. To do this, we need the assistance of one or more individuals to develop appropriate scripting for the tapes. If you are trained in the field of obstetrics, are familiar with the Hemi-Sync processes, have skill in scriptwriting, and wish to lend your services to this project, please write or call the TMI FOCUS at The Monroe Institute.]

## MIND'S "I" FOCUSES ON TMI MEMBERS

In appreciation for your support as a TMI member, the Institute is pleased to offer you a unique, limited-time opportunity. During the months of February and March, you can have customized *MIND'S "I"* tapes made for you at a discount of up to \$49.10.

*MIND'S "I"* combines the effectiveness of *H-PLUS* technology with the power of your own voice to create a personalized affirmation exercise designed to facilitate profound changes in your life. *MIND'S "I"* is available in a one- or two-tape format: *Start-Up*, for use upon awakening each morning to establish your desired mental, emotional, and physical states for the day; and *Timeout*. Listen to *Timeout* as you move into sleep, for restoration and growth as well as in-depth resolution of the day's unfinished business.

When you order either the *MIND'S "I" Start-Up* or the *MIND'S "I" Timeout* tape, you pay only \$100.00, compared to the regular member price of \$130.50. When you order both tapes,

you receive the discount price of \$175.00, compared to the regular member price of \$224.10. Call now to take advantage of this offer. Remember, it's only good through March 31, 1992.



## PSN (continued)

bulletin board is a service you would use, please let us know by completing and mailing the questionnaire to the FOCUS.

In addition to the expanded FOCUS, Dolphin Energy Club, computer bulletin board, and other PSN activities, we will remain in close personal touch with you through your various areas of involvement. But remember, we can't always be there when *you're* ready, so give us a call or write anytime. We look forward to hearing from you!



PLACE  
STAMP  
HERE

## THE MONROE INSTITUTE

Route 1, Box 175

Faber, Virginia 22938-9749